

Border Eagle

Vol. 52, No. 34

Laughlin Air Force Base, Texas

Aug. 27, 2004



Photos by Senior Airman Timothy J. Stein

Laughlin deploys ...

Airman 1st Class Brandon Martin, 47th Civil Engineer Squadron, gets checked in by Senior Airman Cheryl Barongan, 47th Mission Support Squadron, during outprocessing at the deploy-

ment center Wednesday. Airman Martin is one of more than 30 Laughlin members deploying over the next few weeks.

Youth Center offers programs for schoolage children

By Senior Airman
Timothy J. Stein
Editor

With Del Rio schools back in session, Laughlin working parents may be relieved to know there is a place for students to go before and after school.

The Youth Center offers before and after school activities to students who otherwise may be left home alone.

“The programs offered by the Youth Center give parents a place to send their children as an option to letting them stay home alone,” said Melissa Menchaca, Youth Center director.

The center offers two different programs, the School Age Program for children ages 5-14 and the Member-

ship Program for children ages 9-18.

Both programs run from 6:30 to 7:30 a.m. and 3:30 to 5:30 p.m. but are different in nature. The School Age Program is the more structured program with planned activities and a strict policy of attendance; children attend after school and leave when a parent or caregiver picks them up. The Membership Program allows for the students to come and go as they please and choose activities based on need.

The programs follow Laughlin’s Home Alone Policy which states that no child under 5 shall be left unsupervised at any time and that children between the ages of 5 and 9 should not be left unsupervised in base housing. Children ages 10 to 13 may be left

unsupervised for up to eight hours during daylight hours.

“With the two programs, parents can decide which one best suits their needs and choose accordingly,” said Ms. Menchaca.

Both programs provide breakfast in the morning and snacks in the afternoon. Other activities include: homework time, arts and crafts, science projects and cooking classes.

Parents interested in the programs may call the Youth Center at 298-5343 for more information.

Having a safe place to go before and after school isn’t the only safety concern parents have about school.

See ‘School’, page 4

Newslines

Gate closure

Laughlin’s main gate will be closed from 5:30 a.m. today until 5:30 a.m. Monday for railway repairs. The west gate will be open 24 hours a day during this time.

NCO induction ceremony

An NCO Induction Ceremony for staff sergeant selects is set for 3 p.m. today at Club Amistad. For information call Tech. Sgt. LaShinya Crivens, 298-5628.

Retirement ceremonies

A retirement ceremony for Lt. Col. Rob Seaberg will be held at 4 p.m., today in Anderson Hall. R.S.V.P. by calling 298-5926.

A retirement ceremony for Lt. Col. David Turner, 47th Operations Group, will be held at 4 p.m. Sept. 3 in Classroom E of Anderson Hall. R.S.V.P. with Mary Heinrich by call 298-5238.

Back to school party

The base chapel is holding a Kid’s Block Party from noon to 3 p.m. Sunday. There will be free food, a bounce castle, face painting, games and music. The first 300 children will receive free back to school goody bags.

For more information, call 298-3575 or 298-7073.

Deployment stats

Deployed:	34
Returning in 30 days:	13
Deploying in 30 days:	46

Mission status

(As of Wednesday)

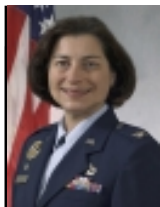
Days behind or ahead:

T-37, -13.22	T-1, 1.79
T-38, 0.71	T-6, -8.80

Mission capable rate:

T-37, 80.0%	T-1, 75.4%
T-38, 72.4%	T-6, 82.8%

Family, friends are true ‘supermen’



Commander's Corner

By Col. Teresa Daniell
47th Mission Support Group
commander

A few months ago, my son and I were at our bimonthly field trip to the commissary, and after one of his excursions beyond the aisle I was currently depleting and placing in my cart, he comes bounding back to me chuckling with self-satisfied glee: “Hey mom, this old man called me ‘superman’ and asked me to get something heavy off a high shelf for him. He said ‘hey superman, can you get that for me.’ And then ‘thanks, superman’ after I got it for him.” I couldn’t help but respond to this great teaching moment, “Son, you never know when the simplest things you can do for someone makes you their superman for the day.”

My “supermen” for the month were the spouses and friends of the 18 security forces troops that left a couple of weeks ago for deployment. There were some

twenty or thirty folks gathered between the SF building and the Pride Store last Tuesday morning and again last Thursday. On Tuesday, the mood was actually quite bright. I talked to one young wife of one of our troops, who told me cheerfully and acceptingly, she was used to the deployments; this was their life. What a great attitude! He was going off to serve his country in some remote place, but she serves, too, in her faith in the system that sends him.

On Thursday, it was early, it was dark, and it was a bit subdued. Groups of two to five stood conversing softly or just holding hands and communing in mutual silence. These were more good-byes for about six months. Most of the farewells were, again, mostly jovial and positive. There was one notable threesome amid the well-wishing and hand-shaking, a young mother with two sons, waving good-bye to her husband, and comforting her 7-year-old crying son, having to say good-bye to Daddy...and having a very hard time of it. Now, for the next six months, she’ll probably dry a few more tears, help the children with homework, write cheerful notes

“I’m convinced the friends and families who gathered to send them off instilled in them a sense of pride in the jobs they’ve been tapped to do for our country and a great faith in the steadfastness of the loved ones they left behind.”

to her husband, clean the house, mow the lawn, and do a thousand other things on her own.

For the troops leaving, they were sent on their deployments with smiles, albeit some through misting eyes, hugs, handshakes, well-wishes, and sirens blaring. I’m convinced the friends and families who gathered to send them off instilled in them a sense of pride in the jobs they’ve been tapped to do for our country and a great faith in the steadfastness of the loved ones they left behind. Thank you, spouses, children, and friends. They will serve their country well...but so will you. They will earn decorations and high quality evaluations for the work they will do. But, they’d be the first to tell you that you are the real supermen.

Everyone does more than just a job

By Senior Master Sgt.
Anthony Dant
14th Flying Training Wing

COLUMBUS AIR FORCE BASE, Miss. – Two men were asked what they do for a living.

The first man answered, “I spend eight boring hours a day cutting rocks out of the ground. My job is not important. I can’t stand it and don’t even know why I’m here.”

The second man replied, “I help lay the foundation for some of the most important buildings in our nation. Without me, there wouldn’t be hospitals, libraries, capital buildings or churches!”

Just like the quarry workers, every member of the profession

of arms is important.

Officers, enlisted, civilians and contractors play a vital role in the defense of our nation. It’s true some have jobs that more visibly impact the mission and for others you have to look a little harder, but the impact is there just the same.

Without security forces protecting our bases, without Services providing a place to keep our minds and bodies fit, without personnel and finance keeping our records straight, without civil engineers providing safe working environments, without medics giving solid medical care, without operators supplying first-class instruction to our new Airmen, the mission

doesn’t get done.

Each of you is vital to our Air Force’s success. Every specialty and rank is essential.

So, the next time you’re asked what you do for a living. Don’t say you just check ID cards, pass out towels, track performance reports, process travel vouchers, patch walls, clean teeth or take people’s temperatures.

Instead, stand tall and tell them you’re the foundation of the world’s finest Air Force. Our nation is secure and free because of you.

Now, flash me one of your million-dollar smiles and let’s get down to business. Your country is depending on you.

Border Eagle

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Actionline

Col. Tod Wolters
47th Flying Training
Wing commander



Call 298-5351 or email
actionline@laughlin.af.mil

This column is one way to work through problems that haven't been solved through normal channels. By including your name and phone number, you are assured of a timely personal reply. It's also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions. Below are telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Chapel	298-5111
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Contracting	298-5439
Dormitory manager	298-5213
EEO	298-5879
Finance	298-5204
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Inspector General	298-5638
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

“Through trust and teamwork, train expeditionary airpower experts to fight and win America’s wars.”

– 47th Flying
Training Wing
mission statement

Voting: our most cherished privilege



Chief of Staff's
Sight Picture

By Gen. John P. Jumper
Air Force Chief of Staff

Around the world, the Airmen of our United States Air Force make a difference. From the collapse of the Soviet Union and Desert Storm more than a decade ago to our global planning and execution of air and space power today, Airmen have done more than their part for our nation. In the coming months, we need to make a difference in another way. We all need to exercise the privilege only enjoyed by free nations – the privilege of voting.

Most of you have been deployed in an Air Expeditionary Force since you have been in the Air Force. You have seen our way of life compared to others in troubled parts of the world. While we as Americans are not without our problems and issues, if all the borders of all the nations of the world were open to all people, where do you think most would choose to reside? There is little doubt that it would be in the Land of the Free.

There have been many books written in recent years about our founding fathers – the men who wrote the powerful words that forged a new nation. In our Declaration of Independence, Thomas Jefferson penned a phrase that is the cornerstone of our democratic institutions and makes us unique among nations. He wrote, ...“Governments are instituted among Men, deriving their just power from the consent of the governed.” It is this idea of the “Consent of the Governed” that empowers each of us in the form of our vote.

Many of us have experienced some obstacles to voting while serving in the armed forces. The absentee voting system has

traditionally been fraught with challenges, but we have been working hard to minimize the red tape. With Airmen and their families serving around the globe, many suffer from delays in mail service – another obstacle to registering and voting. Our leadership in the Department of Defense has worked with the U.S. Postal Service to give priority to voting materials in the mail system. To facilitate the voting process, we have also created a user-friendly voting link called “Airmen Votes” on our Air Force Link website for you and your families to use. The “Airmen Votes” icon on the Air Force Link website, www.af.mil, will guide you to all the information you need to register to vote, file an absentee ballot request, and send in an absentee ballot. In most cases, all you need to do is fill out a postcard and mail it in. Guidance is available for all states and territories and for those Airmen living overseas. Your family members who are eligible to vote can use this web link as well, including children away from home while attending school. If you still have questions, contact your Voting Assistance Officers – they are available to address your voting questions or concerns. We want to make voting as easy as possible.

The Secretary of the Air Force, Dr. Jim Roche, and I are dedicated to ensuring every eligible Airman has the opportunity to vote. As Airmen we have all taken an oath to support and defend the Constitution that guarantees our right to vote. As a nation we accept divergence of opinion and candidates with different views. I encourage you to avail yourself of the right to vote for candidates and on the issues of your choice. No other single act is so fundamental to our form of Government. Please register. Please vote.

I urge you to exercise your right to vote. If there was any doubt that every vote counts, past presidential elections have

proved that it does! Just a few votes can decide the outcome of an election. As we pave the way for democratic governments in Afghanistan and Iraq, it is only fitting that we provide an example of democracy in action by engaging in the democratic process at home. We protect democracy through our military duty and service to our country, but we also protect democracy when we vote. Democracy only works when people fulfill their obligation to cast their ballot.

This year, Americans will have the opportunity once again to exercise that right by going to the polls to vote for the President and Vice President, members of Congress, as well as thousands of local officials. Even if you are stationed far from your home of record, you can vote through the absentee ballot process.

Secretary Roche and I are dedicated to ensuring every eligible Airman has the opportunity to vote. To this end, voter assistance officers reside within each of your units who are responsible for answering your questions about elections and facilitating the voting process.

Voting is now easier than it has ever been before. If you'd like to register to vote or get information on voting procedures then access <http://www.fvap.gov>. This webpage provides simple instructions on what to do. In most cases, all you need to do is fill out a post card and mail it in. Guidance is available for all states and for those Airmen living overseas. Furthermore, contact your voting assistance officers – these people are available to address your voting questions or concerns.

We all have an important voice that should be heard and heeded by our government. When we go to the polls, we can express our views through the democratic process. As members of the world's greatest Air Force, we labor so that others may vote; let's make sure we exercise that same right. See you at the polls!

Internet scams getting ‘phishy’

By 1st Lt. Daniel Vaillant
81st Training Wing Staff
Judge Advocate Office

KEESLER AIR FORCE BASE, Miss. – Fishing is an activity enjoyed by many people, but “phishing” is angling of another sort.

“Phishing” is an Internet e-mail scam that tricks individuals into revealing personal information, including Social Security numbers, bank account numbers and passwords.

Typically, the e-mails involve Web sites with familiar logos and companies, like Citibank or PayPal. The Web sites are replicas, and once Internet users enter, they are often urged to “confirm” information that was supposedly lost or misplaced. After users provide the information, their identity is compromised and money starts disappearing.

To protect themselves, Internet users need to first recognize the e-mail as a scam. There are several indicators:

- The e-mail asks for personal information. Legitimate businesses do not request such information through e-mails. Banks and

credit card companies do not need people to provide that information; they already have it.

- The e-mail does not address the recipient by name.

- The e-mail does not reference a partial account number.

- The e-mail warns that accounts will be closed unless the user reconfirms his or her information immediately.

- The e-mail warns the user he or she has been the victim of fraud.

- The e-mail contains spelling or grammatical errors.

Other ways to protect personal information include:

- Contacting the business and verifying the message is genuine.

- Adopting a general rule not to send personal information over the Internet unless the user made contact first.

- Contacting legitimate businesses that are being victimized to put them on alert.

For more information on how to protect personal information, visit the Federal Trade Commission Web site at www.ftc.gov/ftc/consumer.htm.



Photo by Airman 1st Class Olufemi Owolabi

Whole lot of building going on ...

A construction worker for David Bodand Inc. works on the roof of the new fitness center Wednesday. Laughlin members are reminded construction sites are dangerous and off limits. The center is scheduled to be complete around the end of September or the beginning of October. There are several other construction sites on base XLers need to be aware of: Heritage Park (scheduled to be complete in mid-to-late September), the consolidated wing support facility (scheduled to be complete in August 2005), the security forces complex (scheduled to be complete in mid-September) and the JP8 fuel stands (scheduled to be complete in May 2005).

School, from page1

Parents should take the time to teach their children basic guidelines to get them to and from school safely.

The National SAFE KIDS Campaign Web site at www.safekids.org offers the following safety tips for parents on children walking or riding the bus to school:

Walking to school or to a bus stop

- Choose the safest route and walk it with the children.
- Look for the most direct route with the fewest streets crossing.
- Walk the route with children until

Bus schedule:

Buses going to schools in the San Felipe Consolidated Independent School district pick up students on Laughlin at 7:20 a.m. and drop them at 3:20 p.m.

they demonstrate traffic safety awareness. Teach children to recognize and obey all traffic signals and markings.

- Teach children to walk in crosswalks.
- Make sure children look in all di-

rections before crossing the street.

- Teach children not to enter the street from between parked cars or from behind bushes or shrubs. Darting into the street accounts for the majority of child pedestrian fatalities.

School Bus Safety

Before boarding the bus:

- Arrive at the stop at least five minutes before the bus arrives.
- Stay out of the street and avoid horseplay.
- Cross the street at least 10 feet in front of the bus.

Boarding and leaving the bus:

- Use the handrail to avoid falls.

- Wait until the bus comes to a complete stop before exiting.

- Exit from the front of the bus.

- Always wait for parents on the same side of the street as the school bus loading/unloading zone.

- Be aware of the driver blind spot (10 feet in front of the bus) when walking away from the bus.

- Remove loose drawstrings or ties on jackets and sweatshirts, and replace with Velcro, snaps or buttons. Loose drawstrings or bookbags can snag on bus handrails.

- Ask for help if anything is dropped while entering or exiting the bus.

Program gives combatants, families ‘courage to care’

By Rudi Williams
*American Forces
Press Service*

BETHESDA, Md. – A team of experts in military medicine and health communication at the Uniformed Services University of the Health Sciences here launched a new health education campaign Tuesday – “Courage to Care.”

In particular, Courage to Care is aimed at helping combatants reintegrate back into their families after surviving the battlefields of Iraq and Afghanistan. In general, the campaign is geared toward the entire Defense Department community – active-duty, National Guard and Reserve servicemembers and their families, as well as the health

and community providers who serve them.

Courage to Care consists of ready-to-use fact sheets written for physician providers, as well as servicemembers, on topics about military life and health. The fact sheets are in the public domain, intended for distribution to provider networks and can be customized with a site’s local contact information and resources.

The first of two fact sheets is titled “Reintegration Roadmap – Shared Sense of Purpose,” and is for the health and social-service provider. Its companion sheet, “Becoming a Couple Again, Creating a Shared Sense of Purpose,” is for military couples experiencing the transition.

The content derives from interviews conducted by the university’s health professionals with affected servicemembers and families who have experienced combat stress and family separation. The fact sheets describe the reintegration challenges and offer a step-by-step process to help re-establish relationships as couples and as families.

Nancy Vineburgh, assistant professor of psychiatry, coined the campaign’s name to convey the courage to care from military doctors, psychiatrists and counselors. It also conveys the courage to care that military families and communities must assume in caring for their own health.

Ms. Vineburgh, who has worked on national public education, health education and health promotion campaigns, said she designed the fact sheets to be concise, contemporary and attractive. That in turn should facilitate and sustain the health dialogue between provider and the servicemembers on the receiving end.

Army Col. Charles Serio, the university’s brigade commander, sent a copy of the fact sheet to a relative who just returned from the battlefield, Ms. Vineburgh said.

“His wife said it was attractive enough to put on their refrigerator to remind them in

the months ahead of the ‘relationship makers and relationship breakers’ outlined in the fact sheet,” she said.

“People tend to read and hold on to information that is attractive,” Ms. Vineburgh said. “These are issues that won’t go away overnight. Our team wanted to address not just the issues, but the process of healing and recovery.”

The university-based program is the brainchild of retired Col. (Dr.) Robert Ursano, professor and chairman of the Department of Psychiatry and director of the university’s Center for the Study of Traumatic Stress.

Dr. Ursano was prompted to establish the program after receiving an e-mail message from a young woman whose brother, a Soldier of the 101st Airborne Division at Fort Campbell, Ky., was returning home for two weeks of rest and recuperation, said Col. (Dr.) Molly Hall, an associate professor of psychiatry.

The woman wanted to know how the family should prepare to welcome her brother home from the battlefields of Iraq. She also wanted to know what issues the family should understand before he arrived to diffuse any combat trauma he might have suffered.

“That e-mail wound its way to us,” Dr. Hall said. “Out

of that request came the first health fact sheet on coming home for servicemembers and their families on reunion.”

The fact sheet on reintegration was posted on the center’s Web site before Courage to Care became a university-wide campaign, Dr. Hall said.

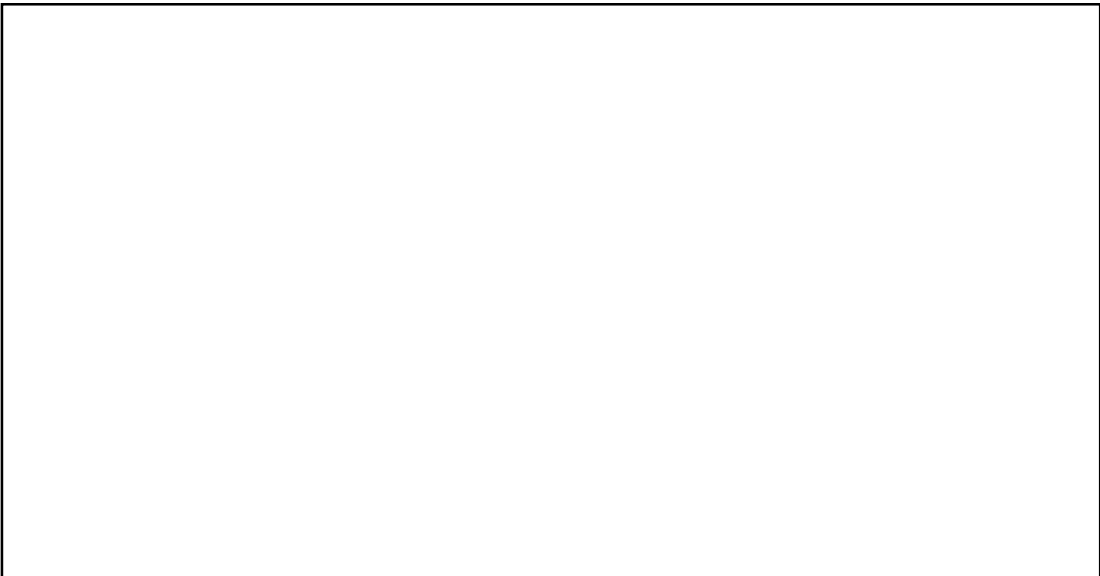
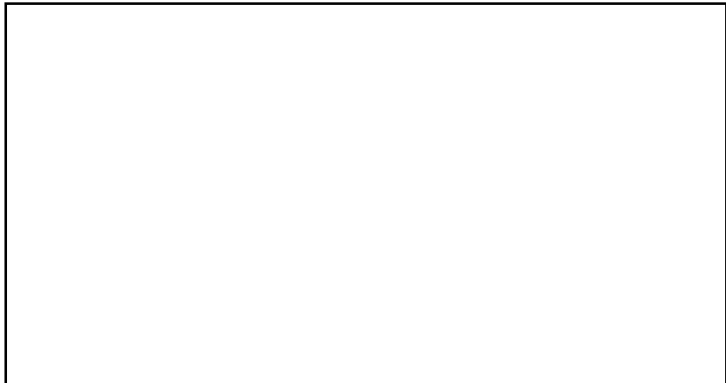
Courage to Care speaks to the family’s need and recognizes their energy, effort and caring, Dr. Ursano said.

“Whether it’s taking care of a Soldier who’s lost his legs or whether it’s taking care of a child with chronic diabetes, we forget what it means and how much energy families (give) to those activities,” he said. “It requires their courage to face it every day in order to manage those types of health problems.

“Courage to Care is an extension of our work in educating health providers and to enhance their communication with (servicemembers) and their families,” Dr. Ursano said.

“There’s a lot of health information out there, but it is often imbedded in comprehensive, health information Web sites,” Ms. Vineburgh said.

Courage to Care fact sheets can be downloaded from the uniformed university’s Web site at www.usuhs.mil/psy/courage.html. For more information, call (301) 295-2470.



Chapel information



Catholic

- Monday - Friday* ● Mass, 12:05 p.m.
-
- Saturday* ● Reconciliation, 4:15 p.m.or
by appointment
● Mass, 5 p.m.
-
- Sunday* ● Mass 9:30 a.m.,
● Religious Education, 11 a.m.
-
- Thursday* ● Choir: 6 p.m.
● Rite of Christian Initiation,
7:30 p.m.

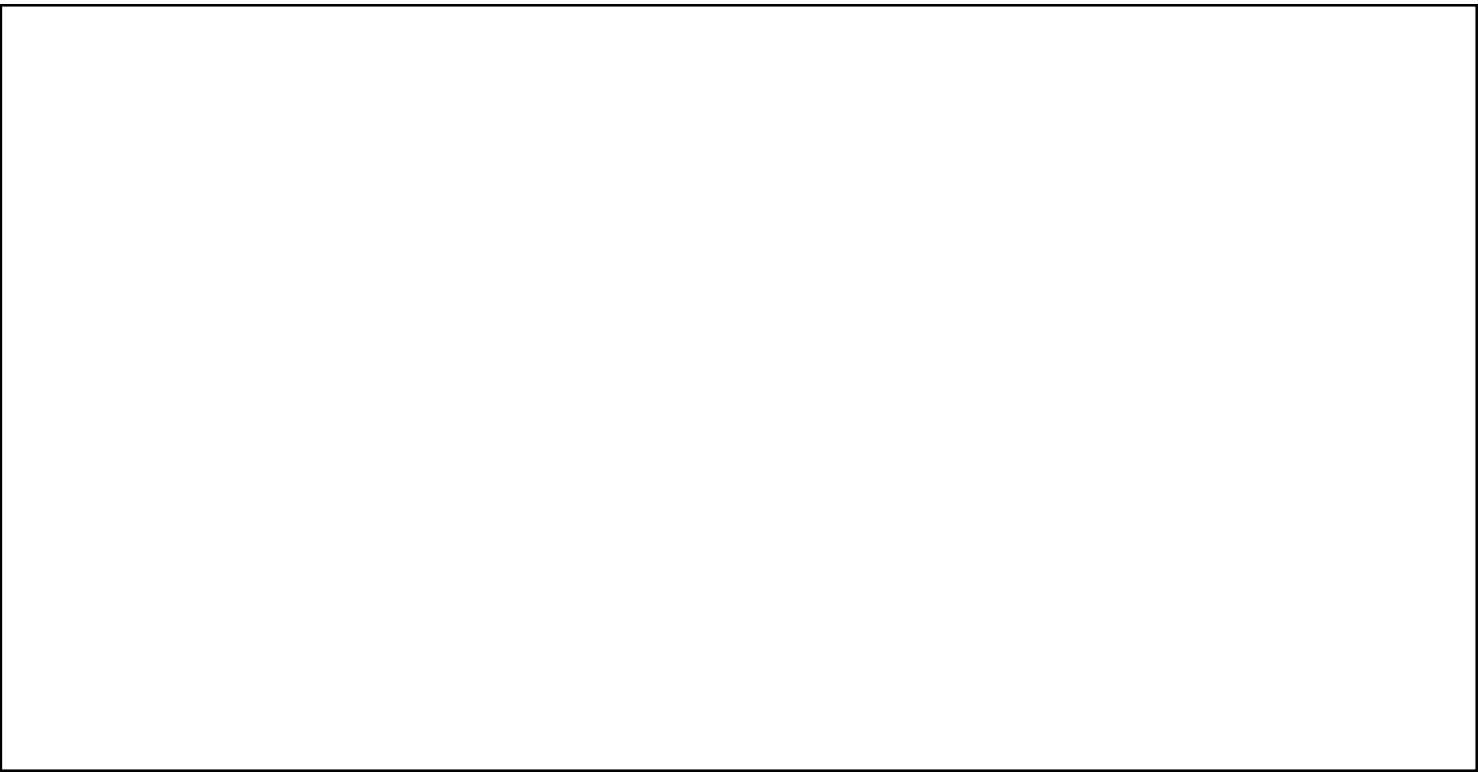
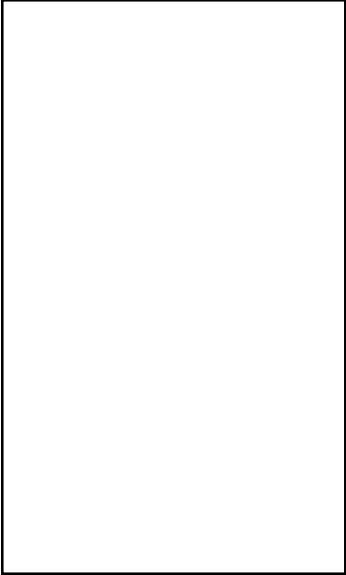
Protestant

- Wednesday* ● Protestant Women of the Chapel
Ladies’ Bible Study, 9 a.m.
● Choir, 7 p.m.
-
- Sunday* ● Contemporary worship, 9 a.m.
in the base theater
● General worship (a blend of
Liturgical and contemporary
worship), 11 a.m.

For more information on other denominations,
chapel events or services, call 298-5111. For
information on special events, see the Community
Calendar page 16.

The Family Support Center offers services to help
families prepare for deployment and keep
everyone in touch during deployments.
For details, call 298-5574 or 298-5620.

Buckle up!
It saves lives





Laughlin Salutes

September enlisted promotions

To Technical Sergeant:

- Magarrett Bell, 47th Operations Support Squadron

To Staff Sergeant:

- Jose Meza, 47th Security Forces Squadron
- Terrell Morris, 47th Services Division

To Senior Airman:

- Victoria Donnewald, 47th Medical Operations Squadron
- Blake Ennis, 47th Communication Squadron

- Michael Fronk, 47th CS
- Johnte Jeter, 47th OSS
- Tiana Lowe, 47th OSS
- April Miller, 47th Civil Engineer Squadron
- Michael Stremper, 47th CES
- Amanda Williams, 47th OSS
- Alisa Picena, 47th Medical Operations Squadron

To Airman:

- Mikeal Bean, 47th CS
- Ty’waun Burks-White, 47th SFS
- Gerrod Frame, 47th SFS
- Jonathan Parker, 47th OSS

- Janessa Perugini, 47th Aeromedical-Dental Squadron
- Gregory Sevier, 47th OSS
- Troy Watts Jr., 47th CS

August reenlistees

- Master Sgt. Prince Smith, 47th SFS
- Tech. Sgt. Pope Johnson, 47th OSS
- Staff Sgt. Benjamin Ackerman, 47th Contracting Squadron
- Senior Airman Douglas Clark, 47th Flying Training Wing



U.S. Air Force photo

(Above) A photo taken in the 1940's of members of the "Tuskegee Airmen," the elite, all-African American 332nd Fighter Group at Ramitelli, Italy., from left to right, Lt. Dempsey W. Morgran, Lt. Carroll S. Woods, Lt. Robert H. Nelron, Jr., Capt. Andrew D. Turner, and Lt. Clarence P. Lester. (Right) First Lt. Michael McCullar, 47th Civil Engineer Squadron environmental flight mechanical engineer, poses with a Tuskegee Airman the 33rd Annual Tuskegee Airmen National Convention.



Courtesy photo

Tuskegee Airman served with distinction, battled racism

By Airman 1st Class
Olufemi Owolabi
Staff writer

Laughlin was not left behind as hosts of Airmen, military leaders and distinguished guests met Tuskegee Airmen at the 33rd Annual Tuskegee Airmen National Convention Aug 2 to 8 in Omaha, Neb.

1st Lt. Michael McCullar, 47th Civil Engineer Squadron environmental flight mechanical engineer, who attended the convention, said the convention celebrates the history of the first black pilots who, with perseverance and persistence, not only held distinction during World War I and II, but also encountered and fought the walls of racism and segregation by proving to America their competency in flying as any other pilot.

"These veterans come together to teach people about their contributions to the military that allowed black men to serve as a regular part of the military in all areas," said Lieutenant McCullar.

During the convention, Tuskegee Airmen shared with guests their

experience at Tuskegee Army Air Field, Ala. – site of segregated military aviation training for blacks in World War II. The convention also featured historic photographs of past black contributors, he said.

"We're all very proud and impressed when they started sharing more in-depth history we never learned in school," Lieutenant McCullar added. "It was very educational."

Historically, he said anyone at the convention would learn how life was back in the '40s for black people in the military and what it took the Tuskegee Airmen to make a turn around. "The value of their love for the country was surprisingly very high though racial segregation prevailed in the United States then," Lieutenant McCullar said.

According to the lieutenant, one of the veterans said despite the fact that the United States was not the best or perfect country in which to live then, he would rather be in no other place.

For today's Airmen who aspire to become a career pilot, they were able to learn by personal interaction

with Tuskegee Airmen on how they got through the difficult times to eventually become pilots and advance in their careers. "It is good to talk to people who have already been there to find out what it is like to be there," said Lieutenant McCullar

In 1941, the U.S. Army Air Corps created an isolated air field to train black pilots and to test their abilities. More than a thousand black military pilots were trained. Even though they were in segregated units and not allowed to fight alongside their fellow white countrymen, the Tuskegee Airmen fought for the United States. Today, they hold the distinction of not losing a single bomber under their escort to enemy fighters in bombing missions over strategic targets in Europe.

Because of these heroic actions and red paint on their tail assemblies, they earned the name "Black Redtail Angels" from white American bomber crews.

Apart from their achieved success in the military, the Tuskegee Airmen who returned to civilian life earned other leadership positions.

"Some of these veterans are respected and wealthy businessmen, corporate executives, religious leaders, lawyers, doctors, educators, bankers and political leaders," said Lieutenant McCullar.

Considering these achievements, Lieutenant McCullar said we can't assume, judge or think we know everything about somebody by merely looking at the person's color or behaviors. He said people should be encouraged, motivated and given a chance to prove themselves in any given career.

Today, the Tuskegee Airmen have memorials to perpetuate their accomplishments. They offer scholarships for high school seniors needing financial assistance to begin college programs through the Tuskegee Airmen Inc. National Scholarship Fund.

In addition, they have a museum in Michigan and a monument at the Air Force museum at Wright-Patterson AFB, Ohio.

Membership of the Tuskegee Airmen includes veterans of the armed forces, active-duty personnel and civilians.

The *XLer*

Staff Sgt. Philip Erven
85th Flying Training Squadron

Hometown: Fort Worth
Family: Wife, Shereé; son, Philip
Time at Laughlin: Four months
Time in service: Ten years
Hobbies: Playing with my son, bowling and mountain biking
Greatest accomplishment: My family
Bad habit: Procrastination
Favorite movies: *Pirates of the Caribbean: The Curse of the Black Pearl* and *Face Off*
If you could spend one hour with any person, who would it be and why? *My father, to catch up on old times.*



Photo by Master Sgt. Bill Dowell

Interested
in the Air
Force?

*Call Del Rio's
Air Force
recruiter at
774-0911.*

Commander’s Access Channel

Tune to **Cable Channel 34** for information about activities at Laughlin.

Sportslines

Labor Day Triathlon

The Fitness Center is holding a Labor Day Triathlon Saturday at 8 a.m. Events include an eight-lap swim, 5K run and 10K bike race.

To register or for details, call 298-5251.

Mouth guards

The Dental Clinic is offering appointments Monday and Tuesday for active duty personnel and family members to get sports mouth guards. To schedule an appointment, call 298-6331.

Equipment classes

The Fitness Center holds exercise equipment training classes every Tuesday at 1 p.m. and every Thursday at 5 p.m. The training is offered to individuals who would like to get trained on how to use

exercise and cardio equipment.

To sign up for a class or for more information, call 298-5251.

Flag football sign up

Letters of intent for flag football teams are due to the fitness center by Sept. 15. For more information, call 298-5251.

Andale Del Rio

Andale Del Rio, an annual health and fitness community event, will be held from 8 a.m. to noon Sept. 18 at Buena Vista Park on Fox Drive in Del Rio. Activities include a health and fitness fair, children’s car seat inspections, basketball shoot, canine demonstrations and walking and running events. People interested in volunteering to help may call 298-6464.

XL Fitness Center hours

Monday - Thursday:
5 a.m. to 11 p.m.

Saturday - Sunday:
7 a.m. to 8. p.m.

Friday:
5 a.m. to 8 p.m.

Holidays:
10 a.m. to 6 p.m.

Stay healthy with before, during, after exercise plan

Fitness commentary by Bill Goins
47th Aeromedical-Dental Squadron excercise physiologist

A truly successful exercise program is one in which advances are many and injuries are few. The odds are in favor of the athlete who follows sound exercise principles in all aspects of their exercise routine.

These are things you need to consider before, during, and after to keep injuries to a minimum.

Before Exercise:

Although some injuries are unavoidable, many can be prevented or, at least, decreased in severity with proper preparation. These most common of these are muscle strains, such

as low back strains, and tendonitis injuries such as “tennis elbow”.

To prevent these common conditions, implement a program that begins with a light warm-up (jogging or cycling for five to 10 minutes) followed by exercises that work your core muscles (abdominals and low back).

One of the most common mistakes made before exercise is to perform static stretches. These are not recommended before exercise because ligaments, tendon, and muscles are more susceptible to tearing or pulling when they are cold. Warmed-up muscles function better and are less likely to sustain injury.

During Exercise:

Before, during and after exercise,

some of the most preventable injuries are dehydration and heat-related injuries... even when it is cold outside. Hydration and acclimatization to environmental stress are critical to helping keep athletes (that’s you) free from injury. Sports drinks are good alternatives to water to help protect against heat-related injuries such as muscle cramps. However, it is more than adequate to dilute sports drinks with 50 percent sports drink and 50 percent water. This will provide more than enough electrolytes (sugar, salt and potassium) for most athletes. Stay hydrated... stay healthy!

After Exercise:

This is when your common stretching routines should be accomplished. Athletes also require appropriate

rest and recovery to avoid injury. Without rest and recovery, an over-training syndrome is likely to develop.

I can definitely attest to this one. Last weekend I completed my sixth triathlon in four and a half months. My body finally said “enough is enough!” In a race that I usually complete in about an hour and a half and in the top five of my group, I finished in ninth place with a time of almost two hours. More is not always better. Decreased performance and increased incidence of injuries can often be linked to over-training. The best way to avoid this is to get as much rest as possible at night and have at least one or two days per week without exercise.

